

Mohr Infinite Wisdom - Directives

The following directives and questions are excerpted from Lisa Mohr's book, *Mohr Infinite Wisdom*. They are provided with reference page numbers. You can print these out and fill in the pages by hand, or enter your answers directly into this interactive PDF.

Section 1: Law of Attraction

(P 10) Get out your pen or pencil and describe how your own energy field (your aura) might appear to someone who can see such fields.

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P (12) List the successes and challenges you are attracting into your life right now.

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(P 13) Describe the ways that you are the victim and/or creator in your life. Write down the role(s) you play in your situation.

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(P 14) Choose your position. Write down why or why not others deserve happiness more than you.

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(P 15) Write down as much as you can about what you might have included on your soul's check-off list before you came to Earth. (This includes experiences that were pleasurable, as well as those that might have been painful. Consider how each experience might have enriched and/or changed you.)

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(P 17) Make a list of roles you currently play in your personal and professional life.

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(P 19) Write about one of your painful stories, one last time. Put as much feeling and validation into it as you can. Commit to making this the last time you tell this story. (Perhaps you've found yourself retelling the story and dwelling on it. If it is a secret, consider sharing it with a close friend or a professional counselor.)

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(P 21) Write about a time when your mood and perspective mad a challenging day or situation worse.

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(P 21) Now write about a time when your mood and perspective improved a challenging situation, and you were able to transform it. (For instance, perhaps you got a laugh out of someone who was crying.)

(P 21) Take Action: Shift Your Thinking

Here is a trick for shifting negative thinking. Take out a pen and paper, and make a list that starts with this phrase:

Evidence that I am attracting positive situations into my life today.

Start writing down and keeping track of every penny you pick up, every gift you receive, coupons you collect, etc. Pay attention to ALL the signs around you. At first, they might seem small, but they WILL grow in size—I promise you. These might include a rebate check in the mail, a compliment from a stranger, someone holding the elevator door for you, finding a full pot of coffee at work, and so on. Every little bit counts!

After you create your list, try this activity as a bonus. Actively create positive moments by:

- Slipping a \$5 bill into a pants pocket at a clothing store
- Buying coffee for the person behind you at the coffee shop or drive-thru
- Holding the door for someone
- Complimenting someone's clothing choice or accessory
- Buying someone's lunch anonymously

Write down how you feel after you "pay it forward."

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(P 23) Remember, movement is movement. Write about a current life situation that feels stuck, moving slowly, or even backwards.

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(P 26) Create a list of some things that are likely to be positive influences of your daily perspective. (For instance, a person, music, a TV show, pet, and so on.)

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(P 26) Create a list of negative influences of your daily perspective. (For instance, a person, music, a TV show, pet, and so on.)

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(P 26) Bring your awareness to the sounds around you. Determine if these are creating a positive or negative noise environment.

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(P 29) Bring awareness to where you are placing your energy and intentions on a regular basis. (Hint: keep a notebook with you to write down these awarenesses.)

(P 29) Decide now if this is a healthy and productive choice or not.

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(P 29) List some productive ways you can manage your frustrations about local or global injustices.

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(P 32) Write down a prejudice from a past experience about a type of person or event. Decide now if that perspective has truly been serving you or not. If not, create a new, positive perspective at this time.

For example, perhaps you had a frightening or painful experience with a dog when you were a child, and you have carried fear of dogs around with you since then. Try visiting a trusted friend who has a dog and cultivate a new friendship with the animal. Create conscious evidence for yourself that not all dogs are bad. You'll feel better and will be able to release some, if not all, of the fear.

(P 33) Take Action: “Bubble Up” to Protect Your Energy

A key ingredient of the Mohr Method of Healing is what I call “Bubbling Up.” The purpose of doing this is to create an energy bubble around you to establish a commanding frequency of safety and protection. This practice will insulate you from the energy of other people or environments and allow you to protect your own energy field. The benefits of doing so include:

Raising your vibrational frequency to attract better things, people, and scenarios into your life.

- You will “glow” to others.
- You will feel more inspired and energized.
- You will keep all of your essential energy to yourself.

None of your personal energy can escape your bubble, and no outside negative influences can penetrate your bubble. This technique is so easy, children can learn it.

How to Create Your Bubble:

Feel and visualize a safe and happy place. Can you remember a time or place when you felt really safe or happy? Some suggestions include:

- Enjoying a favorite vacation spot
- Being held by a parent or grandparent as a child
- Being held by someone you love
- Holding and hugging your child or grandchild
- Reliving a favorite memory from childhood
- Reading your favorite book in a comfortable location
- Floating in the ocean or lying on a beach
- Hiding or resting in a tree top as a child
- Cuddling around a fire with your family during a snow storm

(P 34) Vividly describe your visualization for “bubbling up.”

It is a good idea to have a few safe and happy places to choose from. If one doesn't come to you immediately, know that it will. After all, the Universe supports your endeavor as a healer and only wants your joy and safety.

How to Activate Your Bubble:

See and feel your safe and happy place. Now imagine energy flowing through you and see it expand all around you (about 12 inches). This image should resemble a light bulb; you are the white light in the center, surrounded by a transparent layer of glass. If you feel inspired, give it a color. Be sure the bubble covers you entirely, head to toe.

It may take you some time to master building and maintaining your protective bubble. Trust that keeping your bubble up becomes a habit, and that the more you practice and are aware of how people and situations impact you, the easier it will be.

What to do if Your Bubble is Down:

The following are warning signs that your bubble is down:

- You feel sleepy (like low blood sugar).
- Your eyes don't sparkle any more.
- You suddenly feel drained. (If you feel drained by a person, step back).
- You get a headache or other ache or pain that isn't typical for you.
- You feel irritable.

You can only feel drained or “pick something up” if you allow it. No one can hurt you without your permission. Typically, you will have something in common with the other person or a weakness or misperception about life that you share with the other person. Please note, the Law of Attraction states that we attract people who are like us. Therefore, you will attract people with similar or identical life issues as your own.

If you do experience a drained energy feeling, try these two techniques:

- Using your breath, imagine filling your body with liquid gold. This will help repair you where you are weak.
- Feel your happy space and bubble around you.

Some additional places to use energy protection:

- At work, around co-workers, meetings, etc.
- Driving on the freeway, road rage, anxious people

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- Driving in the snow, treacherous weather
- In your house, around your children, spouse, in-laws
- Around toxic people, places, and events
- Any time you go shopping or into a place where many people are present

You can also check out my YouTube channel video called, “What to do when people steal your energy. Bubble Up!”

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(P 38) Make a list of the people in your life who give you energy and bring out the best in you.

Recall (and write about) a time when you were feeling inspired and one of these people made a connection with you.

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(P 39) Make a list of the people in your life who regularly drain you and/or bring out the worst in you.

Recall (and write about) a time when you were feeling low in energy and one of these people made a connection with you.

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(P 39) Write about where in your body you experience stressful life situations.

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(P 40) Write about how you respond mentally and physically to stress.

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(P 41) Note any possible empaths in your life, including yourself. Write down your reasoning for this belief.

(P 42) Take Action: Create a “Bucket List” of Items, Places, and Scenarios that you Desire

Creating a life “Bucket List” is a fun activity to keep yourself positive. Perhaps have a couple of trusted, high-frequency friends over to help you. If you cannot commit to writing down your dreams, how do you expect to ever take action or commit to them when opportunities present themselves to you? Take a chance and dream big! You are worth it!

Once you start your bucket list, continue to refine and add to it. Carry this list in your wallet, or in the car, put it on your mirror, your refrigerator, your computer desktop, or wherever you will look at it often. Visualize yourself achieving the items on the list and feeling the success with this experience. Remember to gently push away the “hows,” or you may block the way your dreams are fulfilled. (Also see page 57, “Turn the Hows Over to the Universe.”)

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(P 44) Make a wish! See it, feel it, smell it, hear it, taste it! Allow yourself to be consumed by the reality of what the experience will be when you achieve it.

(P 45) List the five people you hang around with most.

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(P 49) Release the “hows” to the Universe and experience the fulfillment of your wish. Write about the events and people who show up in your life!

Section Two: Money, Prosperity, and YOU!

(P 60) Write down how your own childhood experiences influence(d) your beliefs about money and wealth.

List some beliefs that Mom and/or Dad had/have about money and wealthy.

Note what your peers and school modeled about money and wealth.

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(P 62) Write about what you would do with unlimited wealth.

List the ways unlimited wealth would enhance your mission in this world.

Note some ways you could make a real difference for an individual or a cause with your unlimited wealth.

(P 62) In your journal, note if you naturally allow gifts from others, or resist such gifts. Provide some examples.

T. Harv Eker says: “Money makes you more of what you already are.”

Describe what you and your life would be like amplified by money and success.

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(P 65) Write about a situation in which you judged someone because he or she appeared to be wealthy.

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(P 71) Chose an organization or company you dislike for its apparent abuse of power.

Now think of one or more of that company's positive attributes—this might help shift your feelings toward the company.

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(P 71) Make a list of organizations that you feel use money and power wisely or beneficially.

(P 74) Do you feel that someone else deserves prosperity more than you do?

(P 74) Do you feel that people who have life too easy shouldn't be wealthy?

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(P 75) Write down at time when you downplayed your successes to others in a desire to be accepted. Was it necessary or effective to do this?

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(P 75) Create a list of friends and family who you will love and support your success unconditionally?

(P 75) Take Action: Prosperity Blockers

Check the boxes that resonate with you as beliefs. Even if the phrase has a tiny flicker of truth to it, check the box. This exercise is to seek any and all possible blocks to your belief system around money and wealth. Do not judge yourself negatively with this. You were not born with these beliefs; they were learned through experiences.

Some of the following statements were my own personal blocks. Every time I realize a block, I experience an elevation of awareness rather than judging myself. I encourage you to do the same. Once you can identify the block, you can remove it. Keep reading to find out how.

- If it hasn't happened, it never will, so I give up.
- I don't deserve to be healthy, wealthy, or happy.
- I don't want to be greedy.
- I shouldn't wish big or I'll just be disappointed. I like to keep my goals "realistic."
- My partner is blocking my prosperity with his/her beliefs about money and success.
- My friends and family are blocking my prosperity with their beliefs about money and success.
- Good things and miracles are like cards; some people are just dealt better hands.
- Failure is the worst thing I could experience.
- I should have figured this out by now.
- I'm embarrassed that I'm still struggling.
- I must be stupid.
- I have to work hard, sacrifice, and suffer to make money.
- I should save all my money in case something bad happens to me.
- I just want to be comfortable. I don't need that much.

What makes you cringe about wealthy people? This could be behavior, material items, and so on. Check off the ones that resonate with you as beliefs. Even if a phrase has a tiny flicker of truth to it, check it off. The purpose of this exercise is to seek any and all possible blocks about abundance to your belief system. Do you feel envy or admiration? Some ideas might be:

- expensive cars
- expensive jewelry
- arrogant attitude
- dyed hair

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- cosmetic surgery
- flaunt their money
- very large housing
- multiple houses
- yachts
- planes
- suits
- expensive clothing
- vacations
- exotic foods
- country club membership
- golf
- good school or private school for kids
- travel
- domestic help
- manicures/pedicures
- arrogant or condescending
- not connected to God
- evil
- two-faced
- shallow
- bad values

(P 78) Transformation into Affirmation

Say these affirmations whenever negative or judgmental thoughts about wealth arise. As a bonus, do your best to believe these positive thoughts about others as well.

If you find yourself thinking, "I don't deserve extreme wealth," state:

"I deserve extreme wealth, and I have the tools within me to achieve this."

If you find yourself thinking, "Extreme wealth would put me in a life that is in conflict with my values," state:

**"I model extreme wealth with extreme integrity,
and I have the tools within me to achieve this."**

If you find yourself thinking, "Having extreme wealth would prevent lessons that my children could learn about the value of dollar," state:

"With extreme wealth my children will learn the new skills, values, and responsibilities that come with a new income level. I have modeled these qualities to them and I trust this. I have the tools within me to achieve this."

If you find yourself thinking, "I don't deserve extreme wealth because I don't have a college degree (or other credential)," state:

"I love how I model extreme wealth because I inspire the truth that everyone can achieve success, no matter what their education level! My path is important because I attract and create abundance all around me. I have the tools within me to achieve this."

If you find yourself thinking, "Just who do you think you are with all of that money?" state:

"I am fabulous and I inspire others by being me! I am loveable and loved at every income level I reach and I have the tools within me to achieve this."

If you find yourself thinking, "I had a poor upbringing and don't know any other way," state:

"I am grateful that I am here now. I am open to learning new ways to create the life that I desire. I have the tools within me to achieve this."

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(P 82) List the five people you hang around with most.

Write about their beliefs on wealth and success.

Of those five people, note whose qualities you would most like to emulate, and why.

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(P 85) List what has been modeled by your parent(s), family members, peers, co-workers—positive and negative—in each of those categories.

(For example, a healthy and happy marriage, Mom and Dad exercised daily, Mom and Dad managed their monies well, Mom and Dad had great friendships. Mom and Dad ate healthy food.)

Begin by simply putting “Easy” or “Challenging” next to each category. Bring awareness to the result.

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(P 88) Write down an idea or concept that keeps repeating itself to you.

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(P 91) List as many signs as you can that you are attracting prosperity into your life. Are you noticing any changes? (Examples include a song on the radio about success, a series of numbers you see repeatedly, people in your life succeeding in a big way, and so on.)

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(P 92) Note ways to be grateful for the positive evidence that you are attracting money and abundance into your life each and every day.

Section Three: Setting Healthy Boundaries

(P 97) List the “Aunt Tilly” people in your life.

Describe what happens to you physically and emotionally when you are round them.

(P 102) Write down your favorite endorphin-creating activity.

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(P 103) Note any healing modalities that are a regular part of your life.

List any healing modalities you would like to try out or experience.

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(P 105) Write down any personal experiences you have had with drugs and/or alcohol that either changed you or another person for the worse.

Do you have a friend or family member who changes once he or she begins using drugs and/or alcohol?

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(P 107) Make a list of foods or chemicals that change you for the worse.

What could you have instead to replace those items?

Write about situations in which you feel pressured to eat or drink (or do other activities) when you might not want to. (For instance, pressured to eat meat if you're a vegetarian, drink alcohol if you wish to avoid it, and so on).

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(P 108) List ways you can prepare for such occasions. (For instance, bring your own foods or beverages.)

Prepare some responses or statements prior to attending such events. For example:
“Thanks, I brought my own beverage.” “Thanks, I’m off meat for a while and I brought this as a substitute.” “Thanks, I’m doing a 30-day detox right now, so I’m really watching what I’m eating and drinking right now. I feel great so far!”

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(P 109) List your current mental health support team members. These can be professionals or friends and family members who help you regain your center of being.

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(P 111) Describe the presence you generally project to the world. In general, are you confident or self-conscious?

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(P 116) List some of your big, red, shiny triggers or buttons.

Write down what happens to you when someone presses one of your buttons.

Note some proactive ways you can remove or transform these buttons.

(P 117) Take Action: Create an “I am supported ...:” or Gratitude List

Start a gratitude list. If you don't feel supported by your family or friends, create a list that says, “Ways I am supported by people today.” This list might include such entries as: “Someone opened the door for me,” “Someone bought me a coffee,” “Someone let me go ahead of them in line,” “Someone let me go first at the stop sign,” and so on. Shifting your focus to all the things and people who support you during your day will move you into a more positive, confident space.

The practice of acknowledging the little things will allow for the really big ones to occur more quickly. This works and it is truly mind-blowing. I promise it will change your life forever! By writing down all the things for which you are grateful and feel supported, you are creating the “energy of allowing” into your life. And you want to allow as much love and kindness into your world as possible.

(P 118) Visualization Activity: See Others as Their Souls

Feeling your inner peace and connecting with your Higher Power will strengthen you. Imagine that you have a huge spiritual team and that it is with you all of the time for help and guidance. Tell yourself that you see yourself and your friends, family, co-workers, or clients only in their highest good. This means seeing them as their souls versus their physical bodies or their personalities.

Get quiet and take a long moment to visualize their souls. Imagine whatever it is that you have to say and then see the recipient smiling in understanding. Then allow the new feeling of acceptance to flow through you.

This visualization activity is important because believe it or not, if the challenging person does happen to say something supportive on occasion, you might reject it out of your conditioned response to that person's always doubting or challenging you.

Choose to encourage positive behavior from the people in your life, rather than challenging it.

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(P 119) Write down some words or phrases you would truly love to hear from an individual who challenges you.

What would be the perfect thing for that person to say to you? (You might even consider sharing this information with that person.)

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(P 121) Write down the names of people in your life who regularly challenge your boundaries.

Now note some ways you can start to set boundaries with them.

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(P 124) Write down the name(s) of someone with whom you argue often. Do you seem to argue about the same topics?

Brainstorm some ways to declare the topic(s) “off-limits.” This will allow you to preserve the relationship and maintain mutual respect for one another.

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(P 126) Bring awareness to your own body language when you approach another individual about a potentially heated topic. Describe it.

Accompaniment to Mohr Infinite Wisdom

(P 127) List your own family's taboo topics.

Now make a list of safe topics for discussion with your family. You can do the same for friends and peers.

Accompaniment to Mohr Infinite Wisdom

(P 133) List some current issues around which you need to set boundaries. With whom?

(P 135) Make a list of safe and common-ground subjects that are enjoyable for most or all people in attendance.

Section Four: QUIT BULLYING YOURSELF

(P 146) Note one or more bullying thoughts that frequently go through your head.

Accompaniment to Mohr Infinite Wisdom

(P 149) Write down a painful early childhood experience that you can access instantly.

Now write down a pleasurable or joyful early childhood memory that you can access immediately.

Accompaniment to Mohr Infinite Wisdom

(P 150) List ways you allow yourself pleasure based on your belief system inherited through family and/or religion.

Now list ways that you deny yourself joy or pleasure based on your belief system inherited through family and/or religion.

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(P 152) Bring to mind someone in your life who is rigid and judgmental.

Write about why you suppose that person is the way he/she is.

Then write about how that person's behavior might be different if he/she had not gone through certain (perhaps painful) experiences.

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(P 154) List some thoughts or behaviors from your past about which you repeatedly beat yourself up. Have others tried to make it OK for you?

Work on forgiving yourself for this—beating yourself up won't take it back or prevent you from doing it again. I forgive you.

Accompaniment to Mohr Infinite Wisdom

(P 155) Recall a time when your negative mood or lower energy attracted obstacles.

Now recall a time when your positive mood or higher energy attracted successes.

Accompaniment to Mohr Infinite Wisdom

(P 159) Recall an instance in which your positive perspective yielded positive results for yourself or another.

Accompaniment to Mohr Infinite Wisdom

(P 160) Write down positive truths to counteract any powerful negative thoughts you recall from the day.

Accompaniment to Mohr Infinite Wisdom

(P 161) Note outside variables that possibly triggered your internal negative thinking? For example, a person, a situation, a noise, a TV program, a song, your work or home environment.

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(P 162) Make a comprehensive list of any unhealthy, self-sabotaging coping mechanisms you turn to when you're in a funk.

Now make a list of your favorite ways to create endorphins and boost your mood.

Accompaniment to Mohr Infinite Wisdom

(P 166) List one way that you could begin to incorporate meditation and positive mental programming into your daily routine. (Hint: Then do it.)

Accompaniment to Mohr Infinite Wisdom

(P 169) Note some proactive steps you could take to limit negativity in your world. (Hint: Then take those steps, or just one of them.)

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(P 172) Get a stack of sticky notes, write some positive affirmations on them, and post these around your home, car, office—wherever you see them frequently.

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(P 173) Create your list of successes.

(P 175) Create your “Mood-Lifting List” - Here are some ideas. Now add your own.

- Call a friend
- Go to a movie
- Journal
- Have caffeine
- Take a bath
- Go shopping
- Take a mini trip or a real vacation
- Go swimming
- Go for a walk
- Go outside
- Laugh
- Listen to upbeat or uplifting music
- Go out to dinner
- Have lunch with a friend or family member
- Read a good book
- Paint or draw
- Play a musical instrument
- Cook or bake
- Take a class
- Go dancing
- Make or paint pottery
- Garden
- Cuddle with an animal
- Cuddle with a spouse or partner
- Cuddle with a child or grandchild
- Go ice skating
- Get a Reiki treatment
- Get a massage
- Seek a holistic modality of your choice
- Clean and organize
- Purge something from your home or work space
- Finish a small project to feel accomplished
- Have a play date with a child
- Plan a girls/guys night out
- Go bowling
- Go to a sporting event

Accompaniment to Mohr Infinite Wisdom

(P 178) Create a special sanctuary in your home that is exclusively for you. What does it look like?

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(P 178) List some ways to bring “me time” into your life every day to elevate your personal frequency and maintain balance.

Section Five: Release and Forgiveness

(P 187) Write down everything you are angry about at this moment. If you are angry at particular people, write down their names and the issue.

Accompaniment to Mohr Infinite Wisdom

(P 188) Now imagine for a moment that you actually asked each player in every situation to behave exactly as he or she did. Consider past and present issues.

Write about this new perspective. What positive purpose might these interactions serve? List some ways that you have grown as a result. For instance, perhaps you learned about your own patience, or strength, or communication skills.

Accompaniment to Mohr Infinite Wisdom

(P 192) Review what you wrote about in response to the above exercise (person or situation angering you). Have you ever experienced anything similar in your past?

Here are some possible triggers. As a child, were you ever:

- Abandoned?
- Lied to (someone made a promise he or she failed to keep, or more blatant lies)?
- Duped?
- Stepped on and made to feel “less than”?
- Ignored?
- Dominated by another verbally, physically, sexually?
- Bullied?
- Ridiculed, made fun of, laughed at?

Lovingly ask yourself if Mom or Dad (or both) played a role in any of the above.

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(P 193) Now, reflect on how the person or situation was familiar to you and write it down.

(P 198) Take a good look at your expectations. What do you expect of others? What do you feel others expect of you?

Accompaniment to Mohr Infinite Wisdom

(P 206) List any signs that are in your life right now. Are you paying attention to them?

Are you angry or blaming others for what might be an obvious direction for change in your life?

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(P 208) Make a list of any ways you invalidate yourself .(For instance, “I don’t allow myself to become emotional around other people.”)

Now write down some positive ways to look at something that angers, frustrates, or challenges you in your life right now.

Accompaniment to Mohr Infinite Wisdom

(P 211) Write about any past, present, and future issues you are “financing” with your worry, stress, anger, or frustration, right now. After you’ve done that, cut a piece of paper (or two or three) into smaller squares and write down each fear, stressor, worry, or unresolved issue on a separate piece of paper. Then, read each one aloud and say:

“I release this to God (Universe or your Higher Power of personal choice). Even though I don’t know what to do with this, how to fix it, or how to heal it, God does, and it will be done.”

Have a candle handy, or a place where you can burn each piece of paper after you read it. You are in charge. Enjoy doing this activity and be free of the things that cause you anger or anxiety!